

The background of the slide is a photograph of graduates in black caps and gowns. One graduate in the upper left is holding up their cap. Another graduate in the lower center is holding a rolled-up diploma. The image is partially covered by a large blue rectangle on the right side.

USHE Mental Health Synopsis of Activities 2016-2020

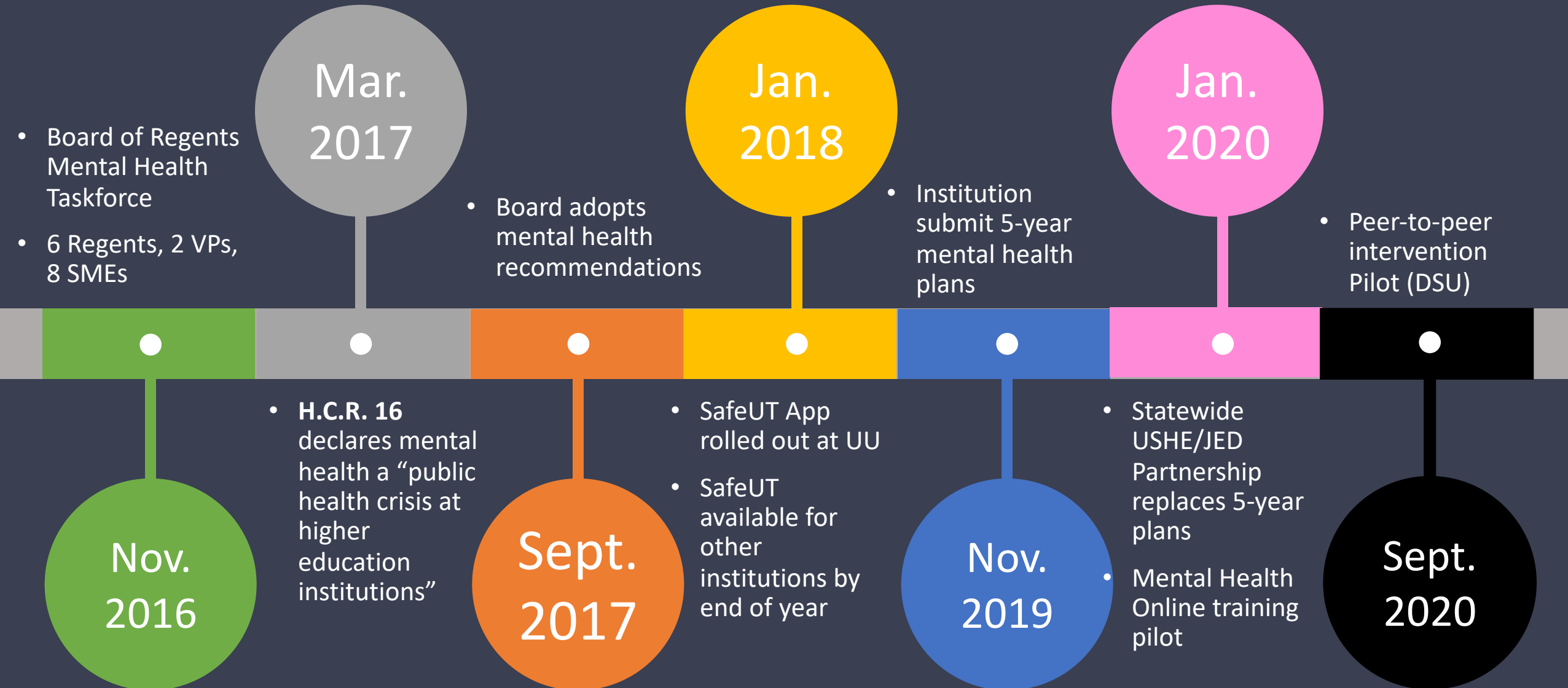
September 18, 2020



Spring 2019 – 5,202 USHE Students



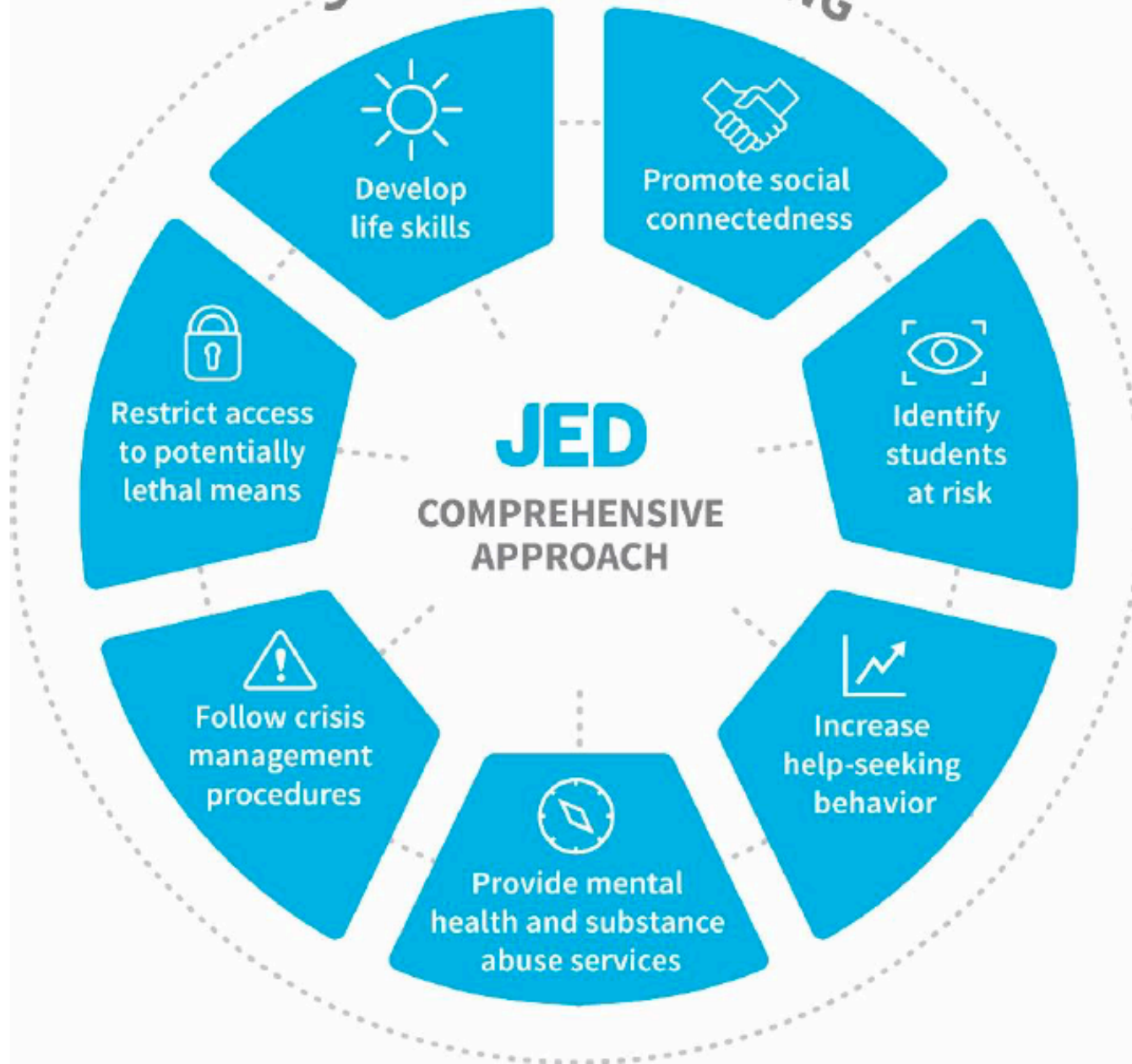
Where have we been?



JED Foundation Partnership

- 4-year partnership with degree-granting USHE institutions announce Jan. 2020
- Adopted by over 300 institutions
- Generously sponsored by the J. Willard and Alice S. Marriott Foundation
- COVID impact has delayed implementation

STRATEGIC PLANNING



JED Foundation Partnership

- 2 Dedicated Campus JED Reps for USHE
- Baseline assessment (in-process)
- Health Minds Study (4 completed in spring, 4 this fall)
- Campus visits – postponed due to COVID, virtual visits getting underway
- Comprehensive feedback report, strategic plan priorities and in-person convening – Spring 2020
- Provide consulting expertise to institutions in integrating outside providers (Trula, SafeUT, EVERFI)

SafeUT

- Established in 2015 – to K-12
- Implemented at U of U Jan. 2017, remaining USHE institutions by Dec. 2017
- Closest service to a *statewide* 24/7 warm-line
- Now available to Utah Nat'l. Guard and public safety officers
- In 2019, SafeUT responded to 24,406 chats and 12,250 tips of school aged children reaching out for help.
- Higher ed use comprises 8% of app utilization (56% of USHE use is UU)
- 12 Utahns are treated for suicide attempts every day.
- 2nd leading cause of death among 18–24-year-olds in Utah.
- Men ages 18–24 have a suicide rate 4x's higher than females.
- Females ages 18–24 have a 50% higher emergency room visit rate for suicide attempts.



Davis Technical College	\$1,425
Dixie State University	\$8,100
Dixie Technical College	\$1,425
Ogden-Weber Technical College	\$1,425
Salt Lake Community College	\$13,260
Snow College	\$5,400
Southern Utah University	\$8,100
Southwest Technical College	\$1,425
Uintah Basin Technical College	\$1,425
Utah State University	\$18,630
Weber State University	\$18,630

UU: self-funded

Opted out:

Bridgerland Tech

Mountainland Tech

Tooele Tech

Utah Valley University

EVEREFI Mental Health & Well-Being Online Course for Students (1 Year Pilot)

- 45-minute online training/awareness for incoming undergraduate students
- Informs learners about common mental health challenges, promotes self-reflection and awareness to recognize shifts in their well-being.
- Helps learners identify early signs of distress in others and teaches them to respond with supportive and empathetic language and behavior.
- Funded via grant from Utah Dept. of Human Services

Peer-to-Peer Intervention (2-Year Pilot)

- 1st year – DSU | 2nd year TBD
- Scholarships for student who serve as peer referral/intervention specialists
- Legislative appropriation directed to local nonprofit via USHE
- Seeking JED partnership
- Expected scale to 50,000 student body at 2–4 institutions by June 2022